

Prevention Works, Prevention Saves Lives

For over 30 years, research has shown that mammography screening reduces breast cancer mortality. Although it is estimated to reduce deaths by 16% for women over the age of 40, the screening rate is only about 70% and less than 40% for the uninsured.

For over 20 years, the Arthritis Self-Help Course has been shown to be effective in teaching people how to manage their arthritis; however, less than 1% of people with arthritis participated in such programs, and courses are not offered in all areas of the United States.

Studies have shown that health education in schools can effectively reduce the prevalence of health risks among young people, including tobacco use and obesity; however, fewer than 25 U.S. states have a coordinated school health program supported by CDC.

Results from randomized clinical trials have indicated that controlling blood pressure could prevent heart disease and stroke; however, only 34% of U.S. adults have their blood pressure adequately controlled.

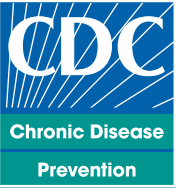
Despite the proven benefits of physical activity and a healthy diet, more than 50% of American adults do not get the recommended amount of physical activity to provide health benefits, and only about 25% of U.S. adults eat the recommended five or more servings of fruits and vegetables each day.

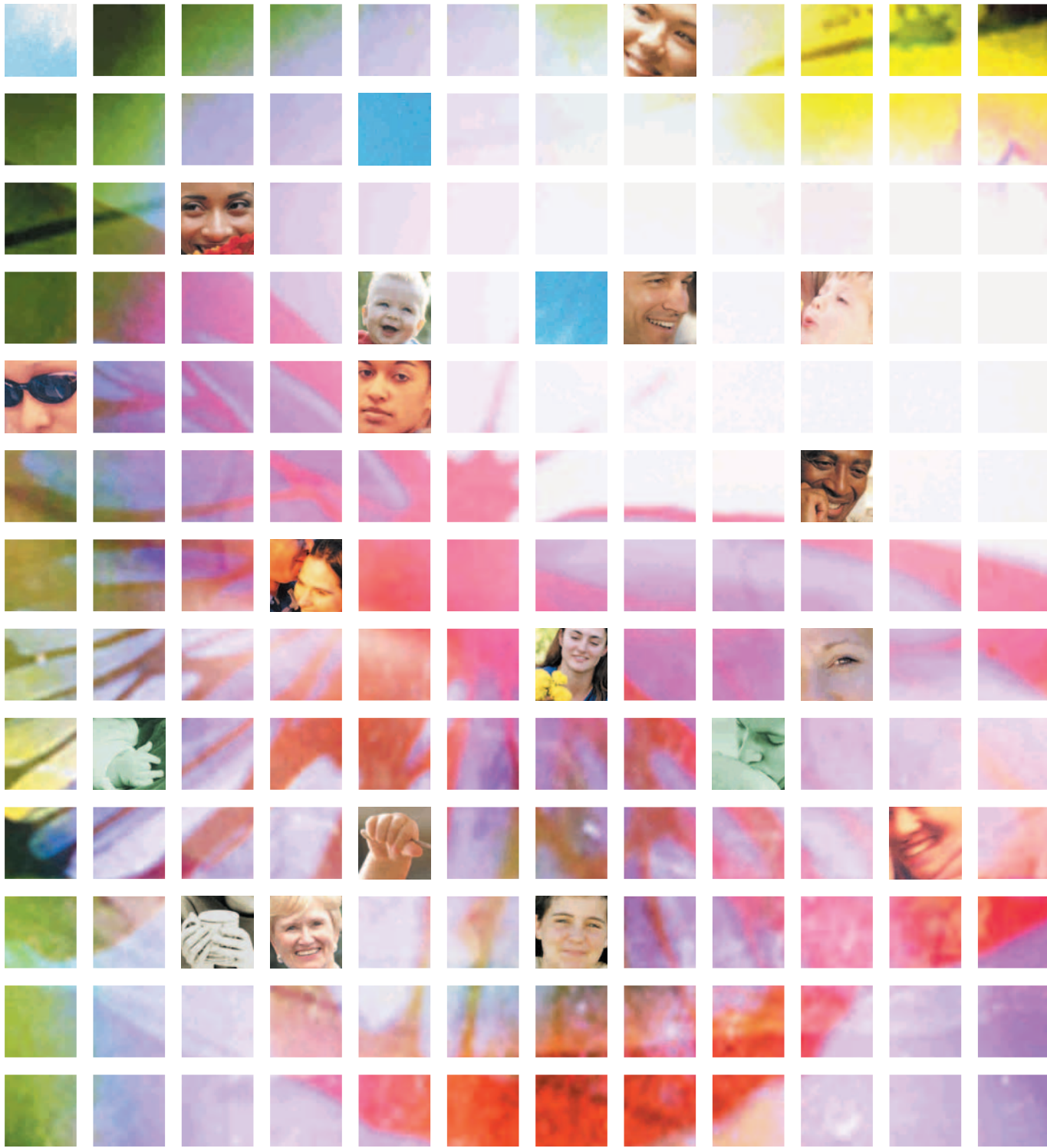
Research shows that reducing blood glucose levels by 1% among people with diabetes reduces their risk for eye, kidney, and nerve disease by 35%; however, one third of adults with diabetes do not receive at least one A1c test per year.

LEARN MORE ABOUT CDC'S WORK IN PROMOTING HEALTH www.cdc.gov

FOR MORE INFORMATION:

Centers for Disease Control and Prevention
770-488-5131
www.cdc.gov





CENTERS FOR DISEASE CONTROL AND PREVENTION
NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION
improving the health and quality of life of all people

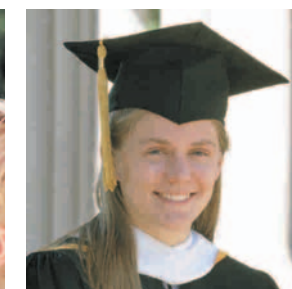
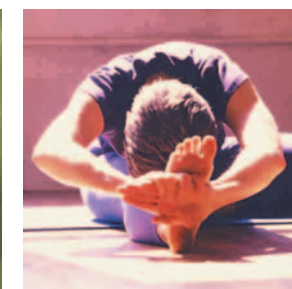
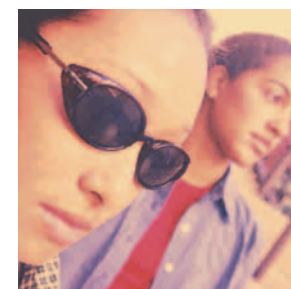
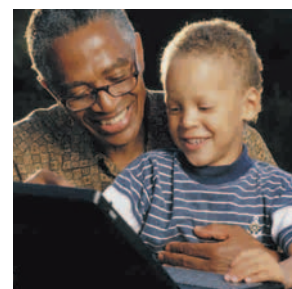
More than 1.7 million Americans die of a chronic disease each year, accounting for more than 70% of all deaths in the United States.

Americans lose on average 15 years of life from chronic diseases - valuable time with family or friends gone forever. Even more startling, many diseases such as diabetes and obesity, traditionally seen in older adults, are more and more common in children.

We spend more money on health care than any other country in the world – medical care for people with chronic diseases accounts for more than 75% of the \$1.4 trillion that the United States spends each year on health care.

The reality is that every American is adversely affected by chronic disease in one way or another – through the death of a loved one; a family member's struggle with lifelong illness, disability, or compromised quality of life; or the huge personal and societal financial burden from a chronic disease.

aging genomics diabetes oral health heart disease cancer obesity arthritis tobacco exercise healthy youth reproductive health disparities



There is no one pill that can cure chronic diseases. There is no vaccine to stave off the disabling and often deadly effects of these diseases.

There are ways, however, to manage and even prevent these leading killers and improve long — term quality of life.

At the Centers for Disease Control and Prevention (CDC), we are developing and supporting programs to help people live longer, healthier lives. In 1988, CDC created the National Center for Chronic Disease Prevention and Health Promotion, and in 2004 CDC created the Coordinating Center for Health Promotion. Together, these groups have leadership in developing and supporting programs to prevent or reduce the health and economic consequences of chronic diseases, collecting data and supporting research on these diseases and their risk factors, and working to ensure that effective programs reach the people who need them most.

CDC's chronic disease and health promotion programs are critically important for improving the health of our nation since many chronic diseases can be prevented, some can be detected early and successfully treated, and the effects of “incurable” chronic diseases can be dramatically reduced. While we have made progress, we still have a long way to go.

Many chronic diseases can be prevented

Many of the actual causes of death in the United States are directly related to behavior choices such as tobacco use, poor nutrition, and physical inactivity. These risk factors cause hundreds of thousands of deaths each year and account for millions of dollars to the national health expenditure. It is clear that many chronic conditions will continue to be among the most deadly and most expensive diseases in this country.

Tackling these problems head on, CDC works through public and private partners, state health departments, and directly with the public to stem the growing tide of disease. CDC's goal is to work across the lifespan reaching infants and children to middle — aged and older adults with programs that prevent or delay the complications of some of the nation's leading killers. CDC is empowering people to embrace a healthy life now to shape

Other chronic diseases can be caught early, when treatment is most effective

Today, tests are available that can detect breast cancer, colon cancer, heart disease, and other chronic diseases early, at a time when they can be most effectively treated. Mammograms, colorectal cancer screening tests, and even simple blood pressure checks can save lives.

CDC works with states and communities to make Americans more aware of the importance of these lifesaving tests. CDC also supports a variety of programs to educate Americans about the long-term benefits of preventive screenings.

The disabling effects of other chronic diseases can be reduced

To improve the quality of life, increase early diagnosis, and improve self — management of certain chronic diseases such as arthritis, diabetes, and epilepsy, CDC works with state

health departments and other partners to develop programs that will help people with chronic diseases receive appropriate health care and treatment.

Applying what we know to reach every American

One of the biggest problems that we face in preventing chronic diseases is the gap between what we know is effective and what we actually do as a society. Every day CDC is actively looking for ways to better reach the public and close the gap.

Many CDC programs reach out to those who do not have access to quality health services. These projects help communities with underserved populations encourage healthy behaviors and offer effective programs — such as mammograms, diabetes education, and physical activity.

The future of disease prevention and health promotion

We are at a defining moment in which the health and well-being of our generation and future generations will depend on the choices we make today. With the percentage of Americans over the age of 65 expected to double over the next 30 years, we cannot afford the escalating costs of health care. Many think that if we get better technology and more clinical care, we will solve these

problems; however, past experience suggests we must balance our prevention and treatment efforts. If we are serious about improving the health and quality of life of all Americans and keeping our health care spending under control, we must commit to a national health agenda that supports prevention for every American.